

HTA – PSHEC OVERVIEW

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Lesson							
1	Introduction To PSHEC & Health Matters <i>[Fresh Start; Coping with change]</i>	Introduction + Identity & Self-Esteem <i>[What Is Self-Esteem?; Personal strengths, how they affect our confidence]</i>	Introduction + Empowerment <i>[Self-empowerment]</i>	Introduction + Resilience <i>[Causes of stress; Dealing with stress]</i> SVSH	Introduction + Self-Esteem & Self Confidence <i>[Nature of self-confidence; Benefits of self-confidence]</i>	Transition & Well-being <i>[10:10 ... Common Room Transition; Coping With Change; Being independent]</i>	Well-being <i>[Revision techniques; Stress Management]</i>
2	Health Matters <i>[Personal qualities; Friendships]</i>	Identity & Self-Esteem <i>[Judgements and criticisms from others; Coping / dealing with criticism]</i>	Empowerment <i>[How society empowers us]</i>	Resilience <i>[Bereavement]</i>	Self-Esteem & Self Confidence <i>[How we can raise self-esteem & confidence in ourselves & others]</i>	Transition & Well-being <i>[10:10 ... Life In the 6th Form (Part 1)]</i>	Well-being <i>[Staying Safe online & offline]</i>
3	Health Matters <i>[Healthy Lifestyles]</i>	Identity & Self-Esteem <i>[Impact of self-esteem on mental & physical health]</i>	Empowerment <i>[Empowerment and facing challenges; Mental & physical health]</i>	Resilience <i>[Work-life balance]</i>	Self-Esteem & Self Confidence <i>[Nature of empathy; Impact of empathy]</i>	Transition & Well-being <i>[10:10 ... Life In the 6th Form (Part 2)]</i>	Well-being <i>[Personal safety; knife crime; 'Safe partying']</i>
4	Risk & Safety: Staying Safe <i>[Assessing risks to ourselves, home, other people]</i>	Risk & Safety: Bullying SVSH	Risk & Safety: Drugs	Planning for The Future <i>[Aspirations; How Do I Plan For The Future?]</i>	Managing Money <i>[Managing Personal Finances, Budgeting]</i>	Transition & Well-being <i>[Dealing with stress & anxiety; Resilience]</i>	Well-being <i>[Celebrating diversity; LGBT]</i>
5	Risk & Safety: Staying Safe <i>[Risks in society; Online safety]</i>	Risk & Safety: Alcohol	Risk & Safety: Gambling	Planning for The Future <i>[What Opportunities Are Out There For Me?; How Do I Improve My Prospects?]</i>	Managing Money <i>[Finance & Society, Taxes, Pensions; Ethical consumerism]</i>	Health & Safety: Diet & Sleep <i>[Sleep benefits & hygiene; Balanced diet; Mental & Physical health]</i>	British Values: Extremism
6	Risk & Safety: First Aid <i>[Breaks, Bleeds, Burns, CPR]</i>	Risk & Safety: Smoking	Risk & Safety: Drugs ... Managing Situations SVSH	Planning for The Future <i>[Law & Work; Rights & Responsibilities At Work]</i> SVSH	Managing Money <i>[Money stresses; Impact on mental & physical health]</i>	Health & Safety: Alcohol <i>[Alcohol Safety]</i>	British Values: Prevent
7	Assessment Lesson	Assessment Lesson	Assessment Lesson	Assessment Lesson	Assessment Lesson	Health & Safety: Drugs <i>[Synthetic Cannabinoids & LSD]</i>	British Values: Democracy

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8	<p>RSE: Who Am I?</p> <p><i>[Body & soul; Uniqueness; God-given life]</i></p>	<p>RSE: Created & Chosen</p> <p><i>[Uniqueness; Our identity; Self-respect]</i></p>	<p>RSE: Search For Love</p> <p><i>[Love as a gift from God; Human nature; Expressions of love]</i></p>	<p>RSE: Authentic Freedom</p> <p><i>[Peer pressures; Virginity; Sex & responsibility; Loving gift of self]</i></p>	<p>RSE: Self-Worth</p> <p><i>[Respect; Dignity; God's creation]</i></p>	<p>Health & Safety: Drugs</p> <p><i>[MDMA & Ecstasy]</i></p>	<p>British Values: Tolerance</p>
9	<p>RSE: Changing Bodies</p> <p><i>[Puberty; Physical & emotional changes; Personal hygiene; Different body shapes]</i></p>	<p>RSE: Appreciating Difference</p> <p><i>[Differences between males / females; Gender stereotypes; Gender dysphoria; Transgenderism; Equality]</i></p>	<p>RSE: Love People, Use Things</p> <p><i>[Desires; Casual sex; Masturbation; Pornography; Respect of Self & Others]</i></p>	<p>RSE: Self-image</p> <p><i>[Body image; Body shame; Sexual desires; Attraction; Dignity; Child of God]</i></p>	<p>RSE: Addiction</p> <p><i>[Short-term highs; Maturity; Life as a gift]</i></p>	<p>RSE: Babies</p> <p><i>[10:10 ... Babies]</i></p>	<p>Wider World</p> <p><i>[Safe driving]</i></p>
10	<p>RSE: Healthy Inside & Out</p> <p><i>[Self-esteem; Body image & confidence]</i></p>	<p>RSE: Feelings</p> <p><i>[Sexual attraction; Self-control; Mutual respect; Patience]</i></p>	<p>RSE: In Control Of My Choices</p> <p><i>[Love vs Lust; Discernment]</i></p>	<p>RSE: Values, Attitudes & Beliefs</p> <p><i>[Core values; Faith; Resilience]</i></p>	<p>RSE: Eating Disorders</p> <p><i>[Self-image & knowing yourself; Our needs, complexities & contradictions]</i></p>	<p>RSE: Unexpected Pregnancy</p> <p><i>[10:10 ... responding To Unexpected Pregnancy]</i></p>	<p>Wider World</p> <p><i>[Debt management; Consumer rights]</i></p>
11	<p>RSE: Where We Come From</p> <p><i>[The sexual act; Human reproduction; Fertility; Menstrual cycle]</i></p>	<p>RSE: Before I Was Born</p> <p><i>[Conception to birth journey; Miscarriage; Abortion; When does life begin?]</i></p>	<p>RSE: Fertility & Contraception</p> <p><i>[Managing conception; Responsible parenthood; Artificial & Natural contraception; Value of life]</i></p>	<p>RSE: Parenthood</p> <p><i>[Meaningful parenthood; Marriage; Responsibility]</i></p>	<p>RSE: Birth Control</p> <p><i>[Gift of fertility; Connection between love, life & sex]</i></p>	<p>RSE: Pornography</p> <p><i>[10:10 ... Truth & Lies]</i></p> <p>SVSH</p>	<p>Wider World</p> <p><i>[Social media; Sources; Profiles; Harassment]</i></p> <p>SVSH</p>
12	<p>RSE: Family & Friends</p> <p><i>[Different types of relationships; Different family structures; Dealing with conflict]</i></p>	<p>RSE: Tough Relationships</p> <p><i>[Prejudice & discrimination; 'Protected Characteristics'; Tolerance, kindness & forgiveness]</i></p>	<p>RSE: Marriage</p> <p><i>[Different types of committed relationships in society; Sacrament of Marriage; Virtues]</i></p>	<p>RSE: Pregnancy & Abortion</p> <p><i>[Values; Stages of life; Myths; Gift of life]</i></p>	<p>RSE: Pornography</p> <p><i>[Desires; Authentic love; Responsibility; Maturity]</i></p>	<p>RSE: Relationships & Marriage</p> <p><i>[Forced marriages; Cultural attitudes to marriage; 'Healthy' relationships; Coercion]</i></p> <p>SVSH</p>	<p>Wider World</p> <p><i>[Medical ethics]</i></p>
13	<p>RSE: My Life On Screen</p> <p><i>[Online safeguarding; Impact of digital technology on our lives]</i></p>	<p>RSE: Think Before You Share</p> <p><i>[Digital footprints; Online exploitation; God-given dignity]</i></p>	<p>RSE: 100% Consent</p> <p><i>[Physical & Non-physical consent; Pressure & coercion; Wisdom]</i></p>	<p>RSE: Abuse</p> <p><i>[Abuse: physical, emotional, domestic & neglect; Entrapment; Grooming; Cyberbullying; Pornography; Vigilance]</i></p>	<p>RSE: STIs</p> <p><i>[Impact of STIs; Sexual choices]</i></p>	<p>Careers</p> <p><i>[University; UCAS; Degree Apprenticeships; Apprenticeships]</i></p>	
14	<p>RSE: Living Responsibly</p> <p><i>[Social responsibility; respect for self & others; Role in communities]</i></p>	<p>RSE: Wider World</p> <p><i>[Prejudice & discrimination; Homophobic bullying; Value & dignity]</i></p>	<p>RSE: Knowing My Rights & Responsibilities</p> <p><i>[Physical consent; Exploitation; Human rights; Cultural expectations]</i></p>	<p>RSE: Solidarity</p> <p><i>[FGM; Human trafficking; Honour-based violence; Human dignity; Creation; Compassion]</i></p>	<p>RSE: Coercive Control</p> <p><i>[Differences & connections between rape, victim blaming, coercive control, sexism & misogyny]</i></p>	<p>Careers</p> <p><i>[CVs; Personal Statements; Letters of application]</i></p>	

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15	<p>British Values: Active Citizenship: Environment</p> <p><i>[Attitudes to waste]</i></p>	<p>British Values: Active Citizenship: Community</p> <p><i>[Qualities of a 'good' citizen; What makes a successful community? Our role in the community]</i></p>	<p>British Values: Democracy</p> <p><i>[What is democracy?; Alternatives to democracy Voting process in the UK;]</i></p>	<p>British Values: Individual Liberty</p> <p><i>[Rights & Responsibilities; When rights conflict]</i></p> <p>SVSH</p>		<p>Careers</p> <p><i>[Full & Part-time Employment; Employment rights; Trade Unions]</i></p>
16	<p>British Values: Active Citizenship: Environment</p> <p><i>['Throw-away' culture]</i></p>	<p>British Values: Active Citizenship: Community</p> <p><i>[Problems & problem-solving in the community]</i></p>	<p>British Values: Democracy</p> <p><i>[Historical development of democracy in the UK; Suffragettes; General public]</i></p>	<p>British Values: Individual Liberty</p> <p><i>[Rights of specific groups: Asylum seekers & Immigrants]</i></p>		<p>Careers</p> <p><i>[Data protection & Cyber-security; Workplace confidentiality]</i></p>
17	<p>British Values: Active Citizenship: Environment</p> <p><i>[Alternative attitudes & practices]</i></p>	<p>British Values: Active Citizenship: Community</p> <p><i>[Roles of local & national services]</i></p>	<p>British Values: Rule Of Law</p> <p><i>[Importance of rules; How laws are made in the UK]</i></p>	<p>British Values: Respect & Tolerance</p> <p><i>[Respect & tolerance of different faiths & no faith]</i></p>		
18	<p>Assessment Lesson</p>	<p>Assessment Lesson</p>	<p>Assessment Lesson</p>	<p>Assessment Lesson</p>		
19	<p>British Values: Active Citizenship: Environment</p> <p><i>[Recycling]</i></p>	<p>British Values: Active Citizenship: Community</p> <p><i>[Impact of a natural crisis on the community]</i></p>	<p>British Values: Rule Of Law</p> <p><i>[Civil & Criminal law; Creating your own society]</i></p>	<p>British Values: Respect & Tolerance</p> <p><i>[Extremist Behaviour]</i></p> <p>SVSH</p>		